

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

COMMUNITY CLASS TITLE: Legends Taekwondo and Youth Mixed Martial Arts

GRADE OR AGE LEVELS: Ages 3-7, 7-14, 14 -18

FORMAT: In Person

DAY AND TIME OF THE WEEK: Mondays 4:30PM-6PM, Tuesdays 4:30PM-6:00PM

Wednesdays 4PM-6PM, Fridays 4PM-6PM

TOTAL REQUIRED HRS: 3 Per week at minimum

TOTAL SEMESTER HOURS POSSIBLE:

LOCATION: 306 E Main St Niles, MI 49120

INSTRUCTORS: Edward Torres and John Young

CONTACT INFORMATION: phone: 269-818-7297 email: eddietorres09@yahoo.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES

IF YES, INSTRUCTIONS FOR REGISTRATION:

Liability Forms and Medical waivers are to be signed in person when attending your first class.

INSTRUCTOR QUALIFICATIONS : Master Edward Torres, 1st Degree Blackbelt certified under the ICTF and Mixed Martial Artist with 15 years of experience. Master John Young, 7th Degree Blackbelt certified under the ITCF.

COURSE DESCRIPTION (OVERVIEW):

Legend Martial Arts offers a variety of martial arts for children and adults.

Primary curriculum for children studies in Boxing, Kickboxing, Wrestling, Jiu Jitsu, and Traditional ICTF Taekwondo.

The focus of various arts allows children to learn and adapt to a variety of different situations involving martial arts. Our curriculum incorporates discipline, respect, integrity and self esteem as well as being fun and educational.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES

We teach the basics of previously stated martial arts starting with the beginning principles. Beginners will learn movement, cardiovascular drills, cardio aerobic exercises, basic stances and the core principles and forms of Taekwondo.

Older students will continue the basic premises while learning advanced techniques. Techniques that will be taught are intermediate colored belt forms as well as live sparring to Complement their teaching.

Advanced students will have mastered their majority of their colored belts forms as well as sparring techniques. Coupled with advanced cardio and aerobic training, students will have the mental resolve and adaptability to conduct themselves as discipline children and teens.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Beginner Studies = 1 month

Intermediate Studies = 2-5 months

Advanced Studies = 1 year onward

Belt Promotion every 4 -5 Months depending on attendance.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

Class-specific assessment: discuss and include the form or a link to the form that you use.

ADDITIONAL RESOURCES: (online, books, video, etc.):

N/A

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: One Class per week at minimum

Weather: N/A

Other: N/A